Vancouver metro

Your essential daily news | TUESDAY, MARCH 29, 2016

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'Brutal' sex assault

GRAPHIC AND DISTURBING

B.C. man charged after incident at Denver hotel

Thandi Fletcher
Metro | Vancouver

A British Columbia man has been charged in what prosecutors are describing as a "brutal" sexual assault of a 27-year-old woman in a Denver hotel room last fall.

Colby James Messer of Victoria has been charged with six counts of sexual assault, according to a news release from the Denver District Attorney's office.

The release states the 30-year-old was visiting Denver with several friends last November when he met the alleged victim at a bar.

According to a sworn affidavit by a Denver police detective, which contains graphic and disturbing details of the incident, the alleged victim said she and a friend originally had plans to go out for her birthday to watch a UFC fight on Nov. 14.

Colby James Messer, 30
COURTESY DENVER POLICE

She told police that she and her friend were walking downtown when they met two men who said they were from Canada. She said the men invited them to a bar, where one of the men bought her a shot.

The alleged victim told police she doesn't know how they got to the hotel, but remembers waking up naked on a bed with three men in the room. Another man later entered the room.

"The victim stated that she recalled that the male subjects were laughing at her and … were talking about a hotel phone," the affidavit reads. "One of the male subjects told the victim that he had just taken the hotel phone 'out of her.'"

She told police that she was bleeding from the vaginal area when she woke.

She alleged that the men used hotel objects, including a phone receiver, TV remote and the base of a hotel lamp, to penetrate her vagina.

Forensic testing of each of the items later confirmed the presence of blood, which matches the victim, according to the affidavit.

Lynn Kimbrough, spokeswoman for the Denver District Attorney's office, said Messer was released from custody after posting a $300,000 US cash bond.

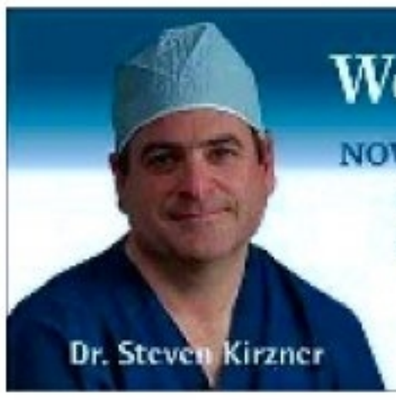
WITH FILES FROM THE CANADIAN PRESS

During busy weeks, Auberon Wolf will collaborate with upwards of 10 clients on their designs.
THE CANADIAN PRESS

THE ART OF *healing*

Vancouver artist helping survivors, victims psychologically by having their scars incorporated into tattoos

metroNEWS



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metro NEWS
Your essential daily news

Shots fired at U.S. Capitol; suspect and bystander injured. **World**

Electric wonder faces dozer

HISTORY

Society fights for heritage status for 1922 model home

Emily Jackson
Metro | Vancouver

Vancouverites are used to seeing old houses demolished to make way for cookie-cutter mansions on multimillion-dollar properties, but the proposed destruction of a 94-year-old house has sparked a new round of exasperation over the loss of heritage in a development-crazed city.

The Heritage Vancouver Society learned last week the owner of the house at 1550 West 29th Ave. — the property is on sale for $7.4 million — applied for a demolition permit when the society tried to notify the city of the house's heritage value.

Social media lit up over the long weekend, with people lamenting the looming loss.

Heritage Vancouver's Patrick Gunn believes the house's unique past, which the society recently discovered in an old newspaper ad, makes it stand out among the rows of demolitions in neighbourhoods with exorbitant property values.

Built in 1922, the house was designed by Townley and Matheson, the architects that designed city hall. It was used as a model to showcase how electricity could be used throughout a modern home.

"It was a model of how the future was going to be with electricity," Gunn said.

It had 170 electrical sockets compared to an average of 25 at the time, he added. Open houses were held to show off its electric washing machine and outdoor lighting.

It flagged the house with the city in an attempt to get heritage status — such a designation makes it more difficult to tear down a home — but without the classification, the demolition will likely proceed. Telltale orange fencing is already up.

The house is in excellent condition, and its features were manufactured and sourced locally, from the electrical parts to the hemlock woodwork, Gunn said.

"It's about as local as you can get," he said. "Aside from the green issue, you're just erasing the architectural history of Vancouver."

There aren't enough financial incentives for people to save heritage homes when land values are so high, Gunn said, so this house will almost certainly head to the dump unless a person with a passion for history and an extra few million dollars steps in.

Gunn believes residents — even those who can't afford a condo, let alone a single-family home — should value preserving the heritage that makes Vancouver unique.

"In 10 years we're going to be left with photographs."

The house at 1550 W. 29th Ave. was built to showcase how electricity could be used throughout a home. COURTESY HERITAGE VANCOUVER

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B.C. waters quick to take remains

SCIENCE

Human bodies can decompose there in under four days: Study

Thandi Fletcher
Metro | Vancouver

Human remains lost in deep waters off the B.C. coast decompose at a much faster rate than previously thought, suggests a new Simon Fraser University study.

The findings could be beneficial for investigators and recovery divers searching for bodies submerged in the waters of the Strait of Georgia, said SFU criminologist Gail Anderson, who led the study, which is the first to investigate what happens to bodies when they are submerged in the sea.

"We've been looking at carcass decomposition in various environments in both spring and fall," Anderson told Metro. "But what we found this time was very, very different from previous work we've done in Saanich Inlet and in Howe Sound."

Deploying four pig carcasses at a depth of 300 metres into the waters of the Strait of Georgia — two in spring and two in fall — the researchers placed live cameras and sensors in front of the carcasses to record factors like oxygen, temperature, salinity, density and pressure every minute.

The researchers used pig carcasses because they are roughly the size of a human torso, have no hair and their guts have similar bacteria as humans.

Working with the Victoria Experimental Network Under the Sea, or VENUS, a cabled underwater laboratory, the researchers found the pig carcasses were reduced to skeletons in less than four days.

Immediately after they were submerged, the researchers noticed that the carcasses were quickly covered in vast amounts of small shrimp-like creatures called lyssianassid amphipods.

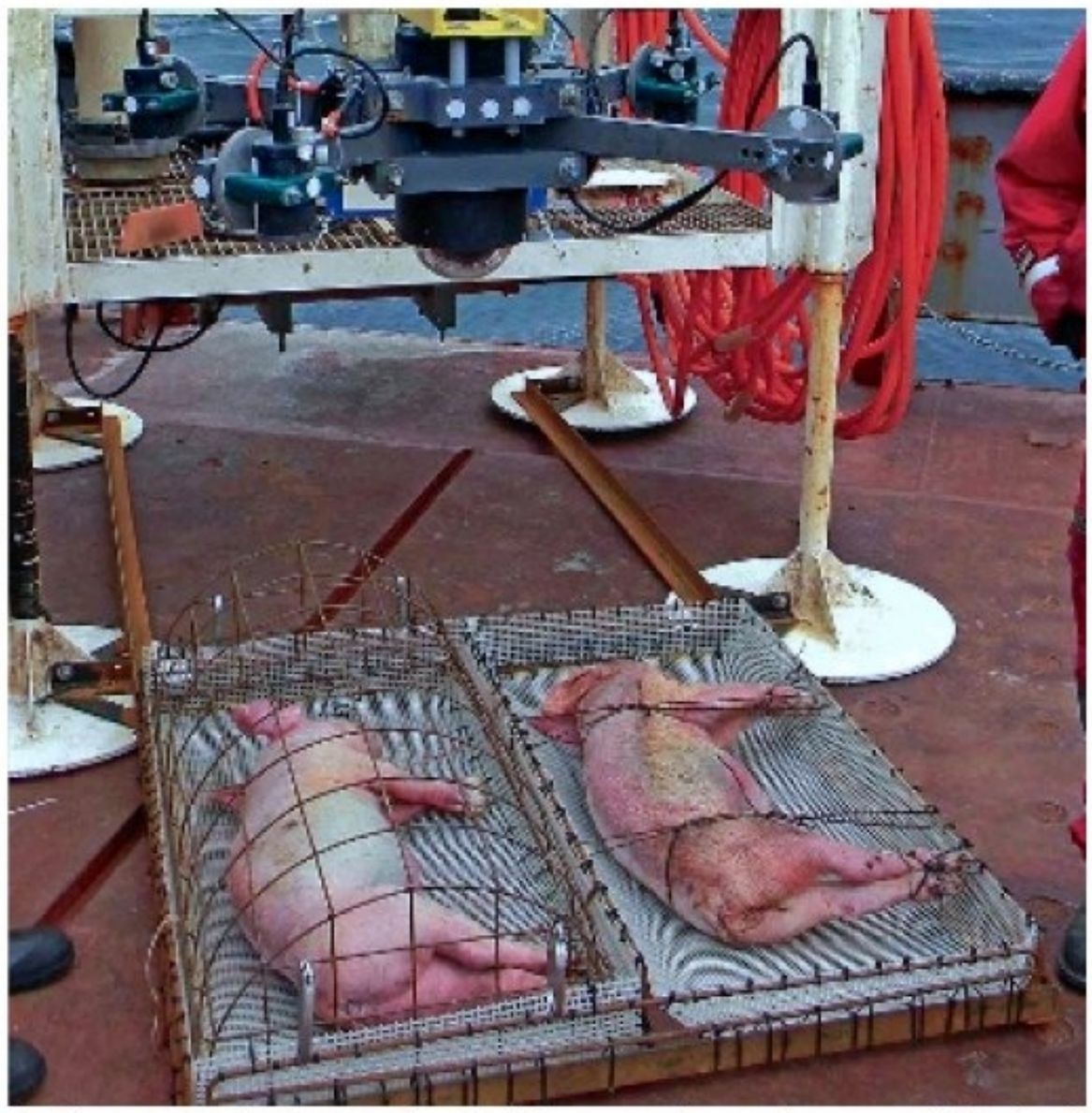
In fall, the carcasses were reduced to skeletons within three days, while in spring, the process took four days.

Anderson said she wasn't surprised by the findings.

"Working and speaking with colleagues of mine who are recovery divers with the RCMP, that's what they say they get: Areas of the body that are exposed are skeletonized very quickly by the amphipods," she said. "This was the first time we actually saw it the way they've described it from the bodies they've recovered from these areas."

She said the study's findings provide recovery divers with a realistic idea of what to search for, and can also help prepare family members for what to expect.

"If somebody has gone into the water and they've been missing for 24 hours or four days, are they going to recover a body or just bones?" she said. "Depending on the type of water they're in, that's going to be very different."



The Simon Fraser University researchers used pig carcasses because they are roughly the size of a human torso, have no hair and their guts have similar bacteria as humans. CONTRIBUTED

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TRANSPORTATION

Ferries getting fix-up

Trevor Beggs
For Metro | Vancouver

There won't be a mid-life crisis for two of BC Ferries' busiest boats.

BC Ferries announced on Thursday that both Spirit class vessels will undergo $140 million mid-life upgrades as they convert from marine diesel to LNG.

The two ships will also receive an aesthetic overhaul as well, including new carpeting, washroom interiors, an expanded gift shop and a new coffee bar. A more efficient air conditioning system will also be installed in order to reduce energy consumption. Also on deck are a renewed marine evacuation system, new rescue boats, fire detection system and public address system.

After a competitive bidding war, the contract was awarded to Remontowa Ship Repair Yard of Gdansk, Poland. The repair yard is one of the largest in Europe, as over 200 ship products are conducted there every year.

B.C.'s Seaspan Vancouver Shipyard was among the three companies shortlisted, however they decided to withdraw from the process.

The Spirit of British Columbia was built in 1993, followed by construction of Spirit of Vancouver Island in 1994. After construction, BC Ferries plans to operate these two ships for the next 25 years.

Both boats operate along the Tsawwassen to Schwartz Bay run, the busiest route in the fleet.

BC Ferries plans to send the Spirit of British Columbia ship for upgrade beginning in the fall of 2017 through the spring of 2018. The Spirit of Vancouver Island will begin its mid-life upgrade in the fall of 2018 through the spring of 2019.

Civil-rights groups endorse Stingray appeal

SURVEILLANCE

Submissions say police are 'stonewalling' the public

A police department's refusal to either confirm or deny the use of a controversial and indiscriminate mass-surveillance device means Canadians have no way of knowing if their personal cellphone data is safe from prying eyes, say civil-rights groups.

Pivot Legal Society, a British Columbia-based legal-advocacy organization, filed an appeal with the province's privacy commissioner after Vancouver police refused to disclose documents related to whether they use an invasive technology known as Stingray.

Stingray is a device that mimics a cellular communications tower to trick mobile devices within range to connect to it. This allows the cell-site simulator to intercept both text and audio communication, as well as to extract internal data and pinpoint a device's location.

The device, which operates as a dragnet interceptor, has also been referred to as a King Fisher, an IMSI catcher and a cell-site simulator.

> "It really is the major roadblock to us shaping the rules for police use around these devices."
> Micheal Vonn, B.C. Civil Liberties Association

Wednesday was the deadline for interveners to file submissions on Pivot Legal's appeal.

Groups such as the B.C. Civil Liberties Association and OpenMedia argue that police are "stonewalling" attempts by the public to know the extent of the device's use, which is putting Canadians' constitutional rights at risk and preventing law enforcement from being held accountable.

In its submission, filed on Wednesday, OpenMedia wrote that confirming Stingray use is a necessary precursor to the informed public debate needed to develop appropriate policy and legal guidelines.

"(It) is therefore in the public interest for such disclosure to occur."

The BCCLA's submission posited police accountability and regulatory oversight as the core issues.

"The simple fact that we cannot get police to even confirm nor deny whether they exist or whether they're planning to use them means that that critical piece of policy and legal work is prevented from happening," said spokeswoman Micheal Vonn.

"It really is the major roadblock to us shaping the rules for police use around these devices." THE CANADIAN PRESS

TRAFFIC CONSTRUCTION CREWS TAKE OVER BURRARD BRIDGE The City of Vancouver kicked off major construction on the Burrard Bridge over the long weekend, easing drivers into an extended period of lane closures while many people were on vacation. Construction on the Burrard corridor from Davie to 16th Avenue is expected to last 18 months. Visit vancouver.ca/burrardcorridor for more information. EMILY JACKSON/METRO

RESOURCES

DFO, Heiltsuk FN reach agreement

Last year, Chief Councillor Marilyn Slett of Heiltsuk First Nation was occupying the Fisheries and Oceans Canada (DFO) offices in protest over commercial fishing in the area.

After decades of animosity, the Heiltsuk First Nation reached a joint agreement on Friday night with the DFO and commercial fishermen about opening a partial seine fishery.

The DFO had to comply to a number of Heiltsuk concerns before a deal could be reached. These included the prohibition of a night fishery and no settling on schools of fish smaller than 1,000 tons.

"The DFO staff has proven they can work successfully with us as we strive to protect our lands, waters and resources," said Chief Councillor Slett in a press release.

The standoff between the two parties revolved around a sufficient amount of herring stock, and if enough herring were available to handle a harvest this year.

The herring counts have decreased near the community over the past few years because of the seine and gill-net fishing.

Last year, Heiltsuk First Nation members occupied Department of Fisheries and Oceans (DFO) offices to protest the practice of industrial fishing in the area.

On Friday, talks stalled between Heiltsuk Nation and the DFO. The Heiltsuk Nation then held conversations with commercial fisherman, who agreed to verify sufficient quantities of fish were in the area before dropping their nets. Afterwords, the Heiltsuk Nation agreed to approve the opening of a partial seine fishery.
TREVOR BEGGS/FOR METRO

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Riders aim to raise support

TRANSPORTATION

HandyDART alliance needs support at board meeting

Emily Jackson
Metro | Vancouver

A group of transit riders wants to keep the pressure on TransLink to improve its services for people with disabilities in advance of the regional transit authority's board meeting on Wednesday.

The HandyDART Riders' Alliance, a group that advocates for door-to-door service for people with disabilities, is trying to drum up a crowd to attend the meeting to lobby TransLink to provide the HandyDART services in-house instead of using a private contractor.

HandyDART service isn't on the official agenda, but the group sent out a Facebook invite to a few hundred people asking them to speak during the public portion of the meeting so TransLink doesn't forget about their requests.

The group is hoping to build on the seed of support it got from TransLink at a December meeting, where advocates argued that HandyDART users would get better quality service if it were run internally or by a non-profit. After hearing numerous complaints about poor service and long waits, TransLink said it would consider doing so when the HandyDART contract with a U.S.-based operator expires in 2017.

> "Everyone benefits from better transit, including the growing population of seniors and people with disabilities."
>
> HandyDART Riders Alliance Facebook invite

HandyDART service hours haven't increased since 2009, which leaves many people waiting for hours for a ride, according to the HandyDART Riders' Alliance. TransLink uses taxi vouchers to fill the gap in service, but the group argues taxis aren't the best method of transportation for people with severe mobility challenges.

"Everyone benefits from better transit, including the growing population of seniors and people with disabilities," the Facebook invite states. "It is time to make major investments in public transit, including HandyDART, to make Metro Vancouver a livable and age-friendly region."

HandyDART service hours haven't increased since 2009, which leaves many people waiting for hours for a ride, according to the HandyDART Riders' Alliance. EMILY JACKSON/METRO

VANCOUVER ISLAND

Search for two missing fishermen scaled back

The search for two missing crab fishermen off the west coast of Vancouver Island has been scaled back after no trace of the men has been found.

They set out Friday from Port Renfrew but weren't reported missing until early Sunday morning.

Lt. Greg Menzies with the Joint Rescue Co-ordination Centre says crews in a Buffalo search aircraft and a Cormorant helicopter looked for the men from the air, while several vessels, including a Canadian Coast Guard ship, scoured the water.

Menzies says a significant amount of time has passed since the men were reported missing, and based on drift patterns and the large size of the area the call was made to reduce the search.

The investigation has now been handed over to the Sooke RCMP.

The names of the men haven't released.

THE CANADIAN PRESS

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‘An eighth wonder of the world’

WILD PACIFIC TRAIL

Trail rated top outdoor attraction in B.C. by website

Oyster Jim says walking Vancouver Island’s Wild Pacific Trail is a journey along the edge of the open Pacific Ocean, with its majesty, power and beauty in full view.

Many agree, as the eight-kilometre nature trail near Ucluelet, B.C., about 300 kilometres northwest of Victoria, has been ranked the top outdoor attraction in the province by TripAdvisor and among the travel ranking site’s top 10 in Canada.

Waves as high as houses crash against the rocks at the iconic Amphitrite Point lighthouse, once toppled by a massive wave. Migrating grey whales are spotted from easy-access trail-viewing areas, and huge cedar trees, hundreds of years old, reach for the sky.

“For wildlife viewing and for just spectacular views, even when it’s blowing and it’s going, it’s special,” said Jim Martin, known locally as Oyster Jim and widely regarded as the person whose search for shoreline fishing holes spawned the trail’s creation.

A view from the Wild Pacific Trail. BARBARA SCHRAMM/THE CANADIAN PRESS

“When it’s sunny and flat, it’s special. It’s a great experience every day,” he said. “I call it streaming postcards.”

Martin’s can-do quest to build a world-class trail became the focus of the 2009 documentary Walking on the Edge, narrated by Vancouver-born actor Jason Priestley.

Martin arrived in Ucluelet from Colorado in the late 1970s and his vision for an ocean-side trail eventually became a community endeavour, with the original 2.6-kilometre loop at the lighthouse opening in 1999. Martin can still be found today tweaking the trails and welcoming visitors.

“The thing that sets the Wild Pacific Trail apart is this is a totally unique section of shoreline unlike anywhere else,” he said.

“It fronts onto the open Pacific Ocean. It’s not typical like a beach. This gives you all different kinds of vistas and everything is different and interesting. There might be tranquil pools. Then there will be a vertical cliff edge where the wave action is spectacular.”

> **The trail is built for everyone, children, all the way to people with walkers ...**
> Jim Martin

Ucluelet, a one-time logging- and fishing-dependent village of about 1,600 people, has embraced the trail as its ticket to tourism opportunities.

Ucluelet is about 40 kilometres south of Tofino and near Pacific Rim National Park, one of the West Coast’s most popular vacation spots.

“Ucluelet was never happy with tourists,” said Martin. “In fact, they told the hippies to stay away. The reputation kind of made everybody turn right at the (Tofino-Ucluelet) junction because the beaches were to the right and Tofino was to the right.”

But serious industry downturns in the 1990s saw Ucluelet embrace its natural assets and the Wild Pacific Trail, now managed by a community board, has become a prime attraction.

“And now, even though we’re a small market, we’re battling with the big guns,” said Martin. “We’ve been TripAdvisor’s top attraction in B.C.”

Martin prides himself on the trail’s easy accessibility and its free admission.

“The trail is built for everyone, children, all the way to people with walkers and in wheelchairs,” he said, laughing. “It’s wheelchair accessible as long as you have a big guy pushing you.”

“From Day 1, I told people this is a world treasure,” Martin said. “This is an eighth wonder of the world.”

THE CANADIAN PRESS

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Transforming scars

Tattoo artist Auberon Wolf, left, and client Jenny Magenta display tattoos on their forearms. DARRYL DYCK/THE CANADIAN PRESS

HEALTH

Tattoo artist turns signs of trauma into empowerment

Clients with scars from traumatic surgeries, suicide attempts and abuse are turning to a Vancouver tattoo artist for healing inside and out.

Auberon Wolf designs tattoos around cut lines from self-injury, burn welts and traces of physical violence, painting them into symbols of empowerment.

"You just can't help but think, what can you put there to help the person feel more comfortable in their own skin," said Wolf. "What can I bring to that with love and care, that's more than just art?"

The process, which may take weeks or months, can be more therapeutic than the finished artwork, said Wolf, 29.

During busy weeks, as many as 10 clients visit Wolf's vibrant studio to collaborate, paying with cash or traded skills. Wolf's "most intense" work has coloured over wounded flesh up to a finger's-width thick, while the artist hopes in the future to ornament burn scars featuring more ripple and texture.

One of Wolf's favourite pieces is a watercolour fractal sunflower on the arm of a friend who cut herself as a street kid, helping the woman let go of her past identity. Another features a pattern of morning glories creeping around a woman's ribs, which Wolf said sent her into spasms as the process evoked anguishing memories of a miscarriage.

"There's something inherently radical about people carrying trauma investing in themselves, even if it's going to take them to a painful or triggering place," said Wolf. "We can rewrite that moment."

Jenny Magenta is getting inked with a flower bouquet in tribute to her deceased mother, embroidering two unrelated scars on her right arm: a suicide attempt and a harrowing experience when an intravenous needle was used for a migraine.

Magenta said she had flashbacks when she first exposed her flesh to Wolf and the tattoo machine but added she felt completely safe.

"I now have a beautiful piece of art here," said Magenta, 46, tenderly pressing a pink dahlia. "I'm able to use this as an empowering device. I don't get traumatized anymore."

It's not uncommon for artists to be asked to mask scars, such as from mastectomies. And in Brazil, a woman tattooer receives funding to paint domestic-violence survivors from an NGO called the Municipal Secretariat of Policies for Women.

Wolf was drawn to trauma survivors after multiple personal incidents, including sexual assaults, car and bicycle accidents and being on campus during the 2006 Dawson College shooting in Montreal.

Wolf said tattooing other trauma survivors is a calling that gives life purpose. A design on Wolf's left arm fuses scars from self-injury during mental-health struggles as a teen.

"Receiving tattoos was an immense vehicle for personal empowerment," said Wolf. "To heal over and over again as my skin healed." THE CANADIAN PRESS

ANALYSIS

A 'hopeful' way to reclaim one's body

There's something "positive, more hopeful" about painting art on the body as a method of working through trauma, said Elizabeth Saewyc, a University of British Columbia nursing professor.

One theory explaining self-harm is that a person is seeking "to feel" after their body dissociates to handle distress, she said. The painful tattooing process might similarly ground someone, she said, but cautioned that individuals may respond differently.

"One size does not fit all," said Saewyc, who studies trauma and resilience. "As with any other way of reclaiming your body and dealing ... it's really good to go into it thoughtfully and to get that careful, informed consent."

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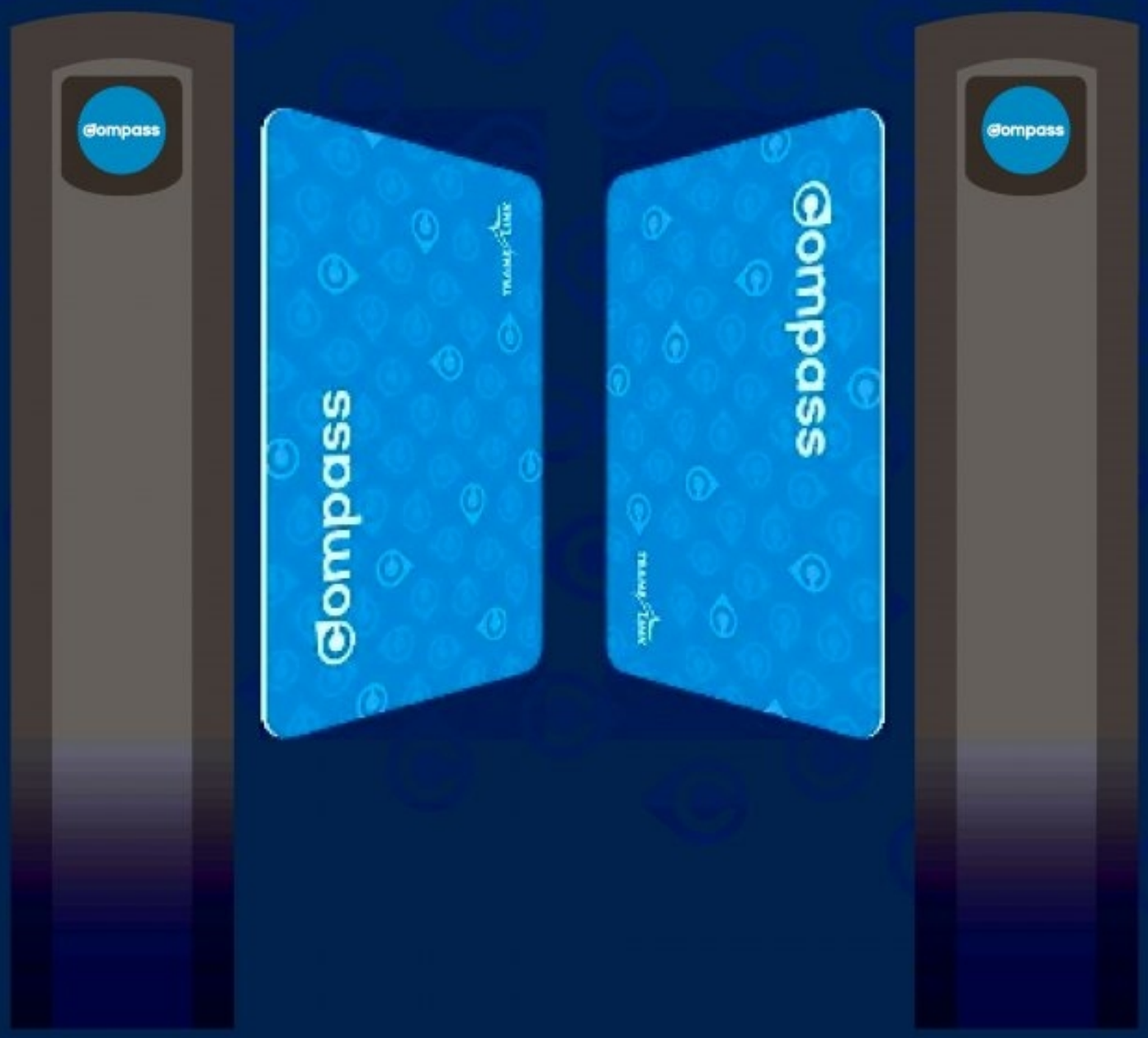

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TRANSLINK

Lindsay Hilton coaches rugby at Dalhousie University in Halifax on Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

A true viral inspiration

FACEBOOK

Athlete who is missing limbs rocks the 'Net

A rugby player without full limbs has become an inspiration to others across the country, after a viral video depicting her doing crossfit workouts with multiple pullups and lunging across a gym floor with a 16-kilogram weight.

Lindsay Hilton allowed the CrossFit OnSide gym in Halifax to put the video on Facebook on March 9, and within a few hours it had six million viewers.

The video shows the 30-year-old rugby player and coach striding across the gym with a bar on her shoulders, throwing her body to the ground for a series of burpees, and using homemade prosthetics with hooks to pound out a series of pullups.

Hilton was born with one arm ending before the elbow and the other just after the elbow, and with both legs ending before the knees.

Her video was shot originally as a way to critique her crossfit techniques, but Hilton has been surprised by how it is inspiring amputees and people who use prosthetics to head to local gymnasiums worldwide.

"The best reaction I've gotten is that a few people I know that are missing limbs have contacted me and said, 'This is really neat that you can do this, can you give me some more information?'" the 30-year-old said during a telephone interview.

"I like the fact that it's out there so that other people who don't think they can do exercise can see that they can."

THE CANADIAN PRESS

IN BRIEF

Finance minister talks Canada Pension Plan

With his first budget behind him, rookie Finance Minister Bill Morneau seems comfortable in his new surroundings — he's even quick to highlight the symbolism of the boardroom artwork at his department's headquarters.

Morneau points to a series of framed pictures featuring etchings of $1 coins. The artist, he explains, flipped each of the loonies repeatedly to identify which might be considered the luckiest of the bunch. THE CANADIAN PRESS

SASKATCHEWAN

Hope blooms for women's shelters

When the new women's shelter in Melfort, Sask., is completed this spring, it will be the first shelter built in the province in more than 25 years and will meet a growing need for spaces for women escaping domestic violence.

Last week's federal budget has raised hopes that more projects like Melfort will spring up in areas where demand outstrips supply, including in the North.

The federal budget promised $89.9 million over two years that would allow 3,000 spaces to be renovated or created.

Lise Martin of the Canadian Network of Women's Shelters and Transition Houses said that if half the money went to new spaces, it would mean two new shelters for every province. Those facilities would address a shortfall in spaces that in just one day last year saw shelters turn away 302 women and 221 children because of a lack of resources, she said.

"The reality is yes, a lot of shelters are at capacity and the sad fact is, yes, there is a real need for greater creation of space," Martin said.

The number could be higher if provinces decide to provide matching funds, but the budget says the money will flow even without such a requirement.

In an interview earlier this month with The Canadian Press, Status of Women Minister Patricia Hajdu said the government wanted to create new spaces in communities that didn't have any domestic violence shelters, but was also looking to ensure there are more transitional spaces to help bridge women between emergency shelters and permanent housing.

Statistics Canada's most recent report on domestic violence shelters found there were 12,058 spaces in 2014, up about five per cent from the 11,461 available in 2010. The new federal spending would likely double that expansion rate in two years.

THE CANADIAN PRESS

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TORONTO

Ford Nation says goodbye

They have lined up before — for a "Ford Nation" T-shirt or a bobblehead, for a quick cellphone picture, or to shake the hand of Toronto's most infamous mayor.

On Monday, Rob Ford's most dedicated supporters, nearly 300 by lunchtime alone, lined up at city hall to say goodbye — a few words, a blown kiss, a hand on the casket draped in Toronto's official flag.

A man who endeared himself to those who cared little for politics or politicians, Ford is being remembers by his boosters for the personal problems he fixed and the calls he returned.

"He was definitely a people person in every way ... I think he was in politics to help the people, the little man that needs help," said Hyacinthe Huron, 65.

Huron, wearing the T-shirt she kept from the Ford family's annual "Ford Fest" barbecue, was one of the early mourners to stand outside in line behind metal barricades.

"I loved Rob Ford. I think he was a good man and we've lost a very good leader," she said. "He could have become prime minister of Canada, but cancer said no."

Mourners kneel by the casket of Rob Ford as it lies in repose at Toronto City Hall on Monday. TORSTAR NEWS SERVICE

As the rain came down in the square named for another mayor, Nathan Phillips, on Monday morning a black hearse pulled up to the front doors of city hall, followed by limousines carrying Ford's extended family.

Ford's youngest child, Dougie and daughter Stephanie watched with their mother, Ford's wife Renata, from under an umbrella as members of the Toronto police chief's ceremonial unit lifted the casket and carried it inside under "Rob Ford Councillor" signs that were quietly returned to the Ward 2 (Etobicoke North) office windows last week. TORSTAR NEWS SERVICE

MANITOBA

Boy who disappeared drowned

Chase Martens
THE CANADIAN PRESS

RCMP say an autopsy has confirmed that a Manitoba boy whose body was found in a creek Saturday drowned.

Chase Martens walked away from his family home near Austin last Tuesday, prompting an extensive search involving hundreds of people.

An autopsy by the Office of the Chief Medical Examiner confirmed the cause of death, police said Monday.

The two-year-old's parents and other family members took part in a vigil Sunday evening on the shore of the creek where the body was found.

His grieving family said they have been overwhelmed by the support people have shown.
THE CANADIAN PRESS

Refugees healthy, challenges remain

RESETTLEMENT

Study notes it will take time for conditions to present

The vast majority of the 26,000 Syrian refugees who arrived in Canada by the end of last month showed up healthy, newly published government data suggests.

But while the study by Public Health Agency of Canada staff said the newcomers posed no risk to public health, it noted it will take time for chronic medical and mental-health conditions to present.

The Immigration Department has published data on some of the newly arrived Syrians, but the public health study is the first comprehensive look at the entire group.

All applicants had medical exams as part of the program, though how many were rejected for medical reasons is unknown. The review found of those accepted, two had potential cases of non-infectious tuberculosis.

None tested positive for syphilis or HIV.

Ten were sent to hospital upon arrival for possible communicable diseases, though none ended up a concern to public health. Another 54 were hospitalized upon arrival for other urgent reasons.

"Large-scale refugee movements place pressure on healthcare systems, both in their immediate response and as part of long-term resettlement efforts," the study, published this month in the Canadian Communicable Disease Report, concluded.

1 **Toothache patient Saly Samadi** waits to be treated during a visit to a clinic run out of the Toronto Plaza hotel, where 500 government-assisted Syrian refugees are staying.
2 **Nurse practitioner** Ghazala Hussain and Dr. Alexa Caturay check Saly. TORSTAR NEWS SERVICE

The study observed refugees tend to under-report chronic health conditions for fear of being rejected and estimated about five per cent of the arriving Syrians have some kind ongoing health-care need.

Mental-health issues will also take time to surface, the report said.

It also found a number of children arrived with illnesses including cancers, seizures and developmental disorders. Malnutrition and children with intellectual disabilities were also observed.

The incidence of those appears to be higher than in the general Canadian population, said Dr. Anna Banerji, the pediatrician who screened Syrian children as they landed in Toronto.
THE CANADIAN PRESS

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PAKISTAN

PM vows to defeat militants

In an emotional televised address, Prime Minister Nawaz Sharif vowed Monday to hunt down and defeat the militants who have been carrying out attacks like the Easter bombing that targeted Christians and killed 72 people.

"We will not allow them to play with the lives of the people of Pakistan," Sharif said.

As the country began three days of mourning after Sunday' suicide bombing in the eastern city of Lahore, Sharif said the army would forge ahead with a military operation on extremist hideouts. Jamaat-ul-Ahrar, a breakaway Taliban faction that supports Daesh, claimed responsibility and said it specifically targeted Christians. But most of those killed were Muslims who also had been in the popular park for the holiday. Many women and children were among the victims, and dozens of families held funerals Monday. At least 300 people were wounded.

Pakistan has suffered a series of attacks in recent months, and Sharif said militants are hitting "soft targets" like playgrounds and schools because military and police operations are putting pressure on their operations.

The attack underscored both the militants' ability to stage large-scale attacks despite a government offensive and the precarious position of Pakistan's minority Christians.

At the Vatican, Pope Francis decried what he called the vile and abominable bombing against Christians and urged Pakistani authorities to "make every effort to restore security and serenity" in the country, particularly for religious minorities.

THE ASSOCIATED PRESS

U.S. Capitol on high alert after shots fired, woman injured

SHOOTING

Authorities say this was an 'act of a single person'

Police shot a man on Monday after he pulled a weapon at a U.S. Capitol checkpoint as spring tourists thronged Washington, authorities said. The suspect was previously known to police, who last October arrested him for disrupting House proceedings and yelling he was a "Prophet of God."

U.S. Capitol Police identified the man as 66-year-old Larry R. Dawson of Tennessee. He was charged with assault with a deadly weapon and assault on a police officer while armed, both criminal offences in the District of Columbia.

Dawson was taken to a local hospital, where police said he was in stable but critical condition. A female bystander also sustained non-life-threatening injuries.

After his arrest last year, Dawson was issued a "stay-away order" by D.C. Superior Court in October, telling him to keep away from the Capitol grounds, court documents show.

The U.S. Capitol was on lockdown for about an hour Monday and the White House also was briefly locked down. As the capital teemed with spring tourists in town to view the cherry blossoms, staff members and visitors to the Capitol were rushed into offices and told to shelter in place.

"We do believe this is an act of a single person who has frequented the Capitol grounds before and there is no reason to believe that this is anything more than a criminal act," Capitol Chief of Police Matthew R. Verderosa told reporters. He said it was unclear how many officers fired their guns. Initial reports had said an officer was injured but that proved wrong.

A police officer stands guard at the U.S. Capitol complex in Washington, D.C. on Tuesday after reports of gunfire. AFP/GETTY IMAGES

Verderosa said the suspect's vehicle had been found on Capitol grounds and was being seized. On Monday evening, all roads had been reopened and the U.S. Capitol complex had returned to normal operations, officials said in a statement.

> "I felt like I was in a movie. It didn't feel real at all."
> Cathryn Leff

George Washington University Hospital spokeswoman Susan Griffiths said it had treated one patient from the Capitol incident for minor injuries and planned to release the patient shortly, but she did not identify the person.

Monday's event unfolded with Congress on recess and lawmakers back in their districts. House Speaker Paul Ryan, R-Wis., issued a statement thanking Capitol Police, as did other congressional leaders. "This evening our thoughts and prayers are with all those who faced danger today," Ryan said. THE ASSOCIATED PRESS

BELGIUM

Death toll rises in Brussels attacks

As the number of victims in the Brussels suicide attacks rose to 35, Belgian police released a video of a mysterious man in a dark hat seen in the company of the bombers who attacked Brussels Airport, indicating that he is still at large.

"Police are seeking to identify this man," the Belgian Federal Police's website said Monday.

The video's release came as a Belgian magistrate also ruled that a man identified as Faycal C., who was arrested during the police raids that followed the March 22 attacks, could be released.

Faycal C. was among those taken into custody and facing preliminary terror charges. Belgian media reported the man was the mysterious suspect in the white jacket and dark hat spotted with the two bombers at the airport the morning of the attacks.

But the Belgian magistrate ruled that new evidence uncovered by investigators revealed there were no grounds to keep Faycal C. in custody and he was released, the Belgian Federal Prosecutor's Office said.

The Belgian Federal Police's website posted a 32-second video of the still-unidentified suspect as he wheels baggage through the terminal alongside the bombers.

"If you recognize this individual or you have information concerning this attack, please contact investigators," police asked.

Tensions remain high in the city, particularly in the Brussels suburb of Molenbeek, where several of those involved in both the attacks on Brussels and those in Paris last November, hailed from.

Jamal Ikazban, a member of the Molenbeek council, tweeted Monday that young people in the neighbourhood were being sent text messages by recruiters. Ikazban did not provide further details, beyond writing that "We must ensure these recruiters can do no more damage."

Belgian authorities also announced that three more people swept up in police raids that followed the attacks on the airport and on a Brussels subway train were being held on charges of participating in terrorist activities. THE ASSOCIATED PRESS

Belgium's Federal Police are seeking to identify this man suspected of being involved in the attacks. THE ASSOCIATED PRESS

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Castro letter slams Obama

HISTORIC TRIP

'We don't need the empire to give us any presents'

Fidel Castro responded Monday to President Barack Obama's historic trip to Cuba with a long, bristling letter recounting the history of U.S. aggression against Cuba, writing that "we don't need the empire to give us any presents."

The 1,500-word letter in state media titled "Brother Obama" was Castro's first response to the president's three-day visit last week, in which the American president said he had come to bury the two countries' history of Cold War hostility. Obama did not meet with the 89-year-old Fidel Castro on the trip but met several times with his 84-year-old brother Raul Castro, the current Cuban president.

Obama's visit was intended to build irreversible momentum behind his opening with Cuba and to convince the Cuban people and the Cuban government that a half-century of U.S. attempts to overthrow the Communist government had ended.

U.S. President Barack Obama shakes hands with Cuban President Raul Castro during their meeting at the Palace of the Revolution in Havana, Cuba. THE ASSOCIATED PRESS FILE

Castro, who led Cuba for decades before handing power to his brother in 2008, was legendary for his hours-long, all-encompassing speeches. His letter reflects that style, presenting a sharp contrast with Obama's tightly focused speech in Havana. Castro's letter opens with descriptions of environmental abuse under the Spaniards and reviews the historical roles of Cuban independence heroes Jose Marti, Antonio Maceo and Maximo Gomez.

Castro then goes over crucial sections of Obama's speech line by line, engaging in an ex-post-facto dialogue with the American president with pointed critiques of perceived slights and insults, including Obama's failure to give credit to indigenous Cubans and Castro's prohibition of racial segregation after coming to power in 1959.

Quoting Obama's declaration that "it is time, now, for us to leave the past behind," the man who shaped Cuba during the second half of the 20th century writes that "I imagine that any one of us ran the risk of having a heart attack on hearing these words from the President of the United States."

> No one should pretend that the people of this noble and selfless country will renounce its glory and its rights.
> Fidel Castro

Castro then returns to a review of a half-century of U.S. aggression against Cuba. Those events include the decades-long U.S. trade embargo against the island; the 1961 Bay of Pigs attack and the 1976 bombing of a Cuban airliner backed by exiles who took refuge in the U.S.

He ends with a dig at the Obama administration's drive to increase business ties with Cuba.

The Obama administration says re-establishing economic ties with the U.S. will be a boon for Cuba, whose centrally planned economy has struggled with over-dependence on imports and a chronic shortage of hard currency. THE ASSOCIATED PRESS

IN BRIEF

Lawsuit challenges N.C. anti-discrimination law

Gay and transgender rights supporters are challenging a new North Carolina law, filing a federal lawsuit that called it discriminatory. The legislature passed the law in response to a broad ordinance that allowed transgender people to use the restroom aligned with their gender identity. The new law also prevents cities and counties from extending protections to cover gender identity at restaurants, hotels and stores. THE ASSOCIATED PRESS

UN whistleblower still behind bars

A UN spokeswoman-turned-whistleblower is behind bars at the same prison complex with many of the war criminals she spent her career trying to expose, her lawyer said, as journalists and advocates rallied to her side. The reasoning behind Florence Hartmann's detention has not been made clear but her attorney said it may be an attempt to make her serve a previous sentence for contempt of court. THE ASSOCIATED PRESS

CRISIS

Greece fighting rumours of open borders among migrants

The Greek government said Monday it will set up loudspeakers at the country's border with Macedonia to try and persuade thousands of refugees and migrants to ignore false rumours that the Balkan route to central Europe will reopen.

More than 15,000 people — nearly a third of the total stranded in Greece — are refusing to move to government-built shelters around the country, and remain at the border with Macedonia and at the port of Piraeus, near Athens.

A spokesman for a government refugee crisis committee said authorities were struggling to counter false rumours on social media that borders could reopen.

"People who are under strain and living in difficult conditions are receiving false reports ... when people are desperate, rumours spread like wildfire," Kyritsis told state television. "We are sending a team of translators (to the border) and loudspeakers will be set up to make public announcements," he said.

Macedonia's parliament, meanwhile, voted Monday to extend the state of emergency in regions bordering Greece and Serbia till the end of the year because of the ongoing migrant crisis. The vote allows continued deployment of the army along the border with Greece to patrol a recently built fence that lines the frontier.

Over the weekend, Greece's armed forces set up more shelter places at various sites around the country.

The country is struggling to implement an agreement between the European Union and Turkey that would see refugees and migrants sent back to Turkey from Greek islands. THE ASSOCIATED PRESS

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Alexandra Macqueen says that in order for people to get any benefit from apps, they need to change how they look at budgeting. TORSTAR NEWS SERVICE

ECONOMY

Senate studies effects of falling loonie

The Canadian Senate is just as interested in the impact of the rapidly falling loonie as the rest of us. It heard from experts last month about the reasons for the drop in the dollar's value, as well as the impact on consumers and the economy.

Here's a look at some of report's findings:

- **Three-quarters:** Proportion of the fall in the Canadian dollar's exchange rate attributable to the decline in energy prices, according to Royal Bank
- **$470:** Canadian households' average savings at the gas pump in the first three quarters of 2015 compared to the same time frame in 2014
- **40 per cent:** Maximum amount more Canadians have been paying more for U.S. made goods since the loonie's decline
- **13 per cent:** Increase in the cost of produce from November 2014 to November 2015
- **$25 billion:** Cost of the plunge in oil prices to Canada's economy
- **8 per cent:** Increase in U.S. visitors to Canada between 2014 and 2015
- **$4-5 billion:** The anticipated boost to the economy from more American visits north of the border and fewer Canadians spending their money south of it, according to TD Bank Group.
- **14 per cent:** Increase in auto exports between 2014 and 2015
- **37,000:** The number of manufacturing jobs created in 2015, the highest amount since 2012.

TORSTAR NEWS SERVICE

Budget apps not enough

FINANCE

A good plan must overhaul spending habits

Budgeting has a lot of unpleasant connotations. It's associated with cutting back on fun and pouring everything into savings. Add to that the amount of work it takes to track your cash flow, and it becomes even less desirable.

Budgeting apps have been trying to change that, making finances less of a burden and more enjoyable. They're catering to a group of people who recognize the importance of keeping a budget but balk at the work required.

In order to get any benefit from apps, people need to change how they look at budgeting, according to Alexandra Macqueen, a financial planner who teaches and writes about personal finance.

"The budgeting app alone is probably insufficient. People need guidance and coaching on … how should I be spending," she said.

Most budgeting apps do one thing very well, and that's providing a detailed overview of where you're spending your money, Macqueen said. But that's only half the work.

"You can have apps that say 'Last month, I spent x dollars on y expenditure category' … but it isn't a spending plan. You need to have both components," she said.

A good budget needs both an overview and a plan on how to change spending habits so that more money is left over at the end of the month.

There's a common misconception that a spending plan basically means you don't spend money on frivolous items, but Macqueen said these "financial sins" shouldn't be such a large focus.

Rather, that focus should be on meeting targets, like putting a certain percentage in savings or paying down debt.

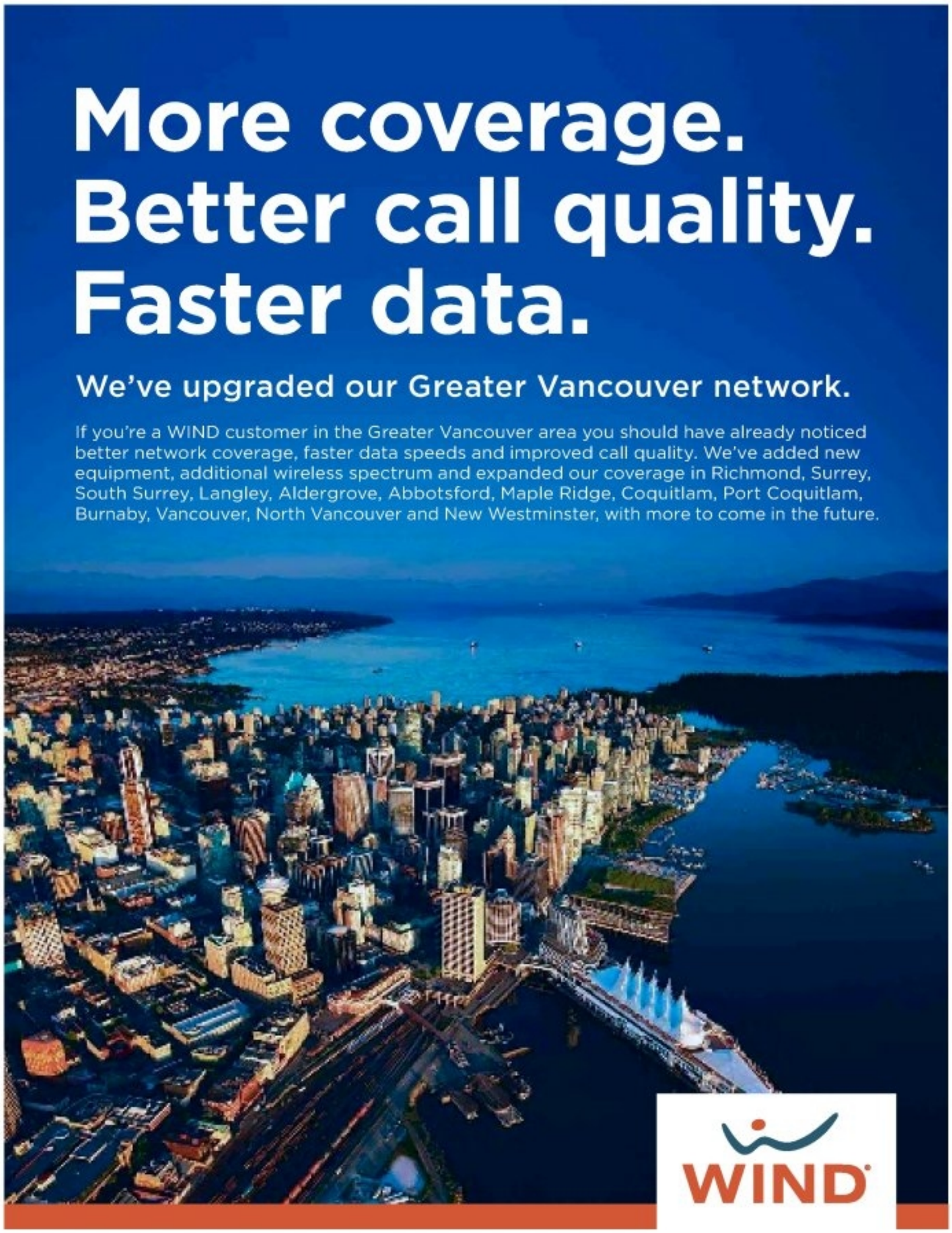
Someone who thinks they need help controlling their finances can appreciate being told exactly how much to spend.

A financial plan doesn't necessarily have to be about chasing down every penny either, Macqueen said. Rather, it should feel empowering to have control over your money again.

TORSTAR NEWS SERVICE

MAKING SENSE OF YOUR CENTS

- **Mint:** This app lets users connect directly to their bank accounts, and monitors how money flows in and out. It also notifies you when credit card bills are due.
- **Goodbudget:** This app works on an old-school method of budgeting — putting money in envelopes for spending categories, and tracking how much money is left. The app doesn't connect to bank accounts, but relies on users filling in expenses in the right category.
- **Daily Budget Original:** This app asks users about their fixed income and costs, then gives them a daily budget they can spend. If you come under budget one day, the next day's increases, and those increases add up.
- **Fudget:** Fudget focuses on balance — money in, money out. Users can input either an expense or an income, and the app keeps track of the balance.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WIND

metro VIEWS
Your essential daily news
Tuesday, March 29, 2016

metroview

ABIGAIL PUGH

ON THE PSYCHOLOGY OF SEXUAL ASSAULT

“Of course it would have been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet it couldn’t happen like that.

An email to 20 friends gets the stories rolling in. Richly remembered, shyly told.

Viv*: “I went on a ‘date’ with a guy who took me back to his apartment. I was 18 maybe 19? I don’t know why I agreed to this. It’s not where someone goes ‘on a date.’”

Viv “could barely drink a beer” — and was raped after playing a drinking game. She has “one two-second memory” of it. “And then I just felt dirty all the time.”

She emails again to say that she’s shared this with nobody since: “Not my therapist, not my sister, not my husband.” She’s 43.

Laura was sexually assaulted by a friend’s grandfather at age 8. The man told the court it was “her fault” for wearing a “provocative outfit.”

Jess writes: “I remember one of my parents’ friends feeling my bum. I had that strange feeling of ‘What’s he doing that for? These are parents — yuk.’”

Here’s Sophie: “I was alone in France with a boy I was getting to know. For the first time that year I felt finally able to connect in French. All of a sudden he reached over and squeezed one of my nipples: hard enough to really hurt.”

Meet Amanda: “I went to university very young. One night, I went up to a man’s bedroom at a frat house: a bunch of other frat guys called me slut and poured beer all over me.”

Apart from the cornering, hurting and frightening in the fashion Ghomeshi was accused of, what do these memories have in common?

Viv recalls — question marks hers — “I acted like I wanted it?”

Jess: “I felt wanted and uncomfortable at the same moment.”

Amanda recalls: “I even saw that same guy again. When I told him I was a virgin, he said I had wasted his evening.”

* * *

Of course it would have been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet — again, of course — it couldn’t happen like that.

Were such truth-telling cultivated among us, three of these friends wouldn’t be footnoting their letters to me that I’m the first they’ve told (“not my husband, not a therapist”).

All the emails talk of a shameful sense of collaboration; of having bought attention and paid dearly, with currency that was ill-understood at the time. Of grappling with a state of mind we don’t yet even have clear psychological (let alone legal) language for. A friend says: “If there was a word to describe wanting to please your abuser — à la Stockholm syndrome — we could just say, ‘Oh, that is a normal reaction,’ not a ‘contradiction to her testimony.’”

If the prosecutor had his own experience of this commonplace sensation we don’t yet have proper terms for —along with the courage to bring it on board — he and the witnesses could have had rich conversations full not of the one-note terror the media so simple-mindedly assumes “victimhood” to be, but of a whole reeking splatter of emotions (because sometimes truth isn’t tidy and sweet-smelling). Or maybe he could’ve found an expert witness to shine a light right at all this and thus help hack out the terms?

Lucy DeCoutere’s handwritten love letter to Ghomeshi is a hate letter to herself. She calls herself a “chicken s—t” for being wary of him; a “freak,” “a—le,” “ridiculous,” “sentimental” and “left in the dust.” When Lucy tells Ghomeshi: “You scared the hell out of me” she’s not referring to his alleged attack but to his “coolness.” The letter is steeped in contradiction: confusion and longing; shock and curiosity; regret and arousal.

My nipple-grabbed friend recalls: “To get angry was to lose connection to something I had only just gotten.” She could almost be Lucy.

I’ve been walking around in a daze since hearing from my friends. I want to mother my younger self and theirs. I want to slap Jian Ghomeshi. When my seven-year-old is older, I plan to sit her down and give her the training: “Lovely, don’t worry about his feelings. Worry about yours.”

If we can learn from this trial, maybe by the time my kid is dating, “sort-of-Stockholm” will be more usefully termed and therefore better acknowledged for the reality it is.

*The names of my friends have been changed and their accounts have been condensed and lightly edited.

STEEPED IN CONTRADICTION Lucy DeCoutere and Jian Ghomeshi and shown together in 2003 in this exhibit photograph from Jian Ghomeshi’s trial. DeCoutere’s love letter to Ghomeshi, a key piece of the defence’s case, can be a read as a “hate letter” to herself. HANDOUT/THE CANADIAN PRESS

“If there was a word to describe wanting to please your abuser, we could just say, ‘Oh, that is a normal reaction.’”

metroview

Ford deserves to be remembered as he was — no more, no less

Michael Coren
For Metro

I hardly knew Rob Ford. And I suspect that the same applies to most people.

While the late mayor appeared so public, ebullient and obvious, there were hidden depths and layers to the man that perhaps only his family — and maybe not even they — were aware of.

In all honesty, I had little time for his politics and some of his statements about political and social issues were offensive and even repugnant. So does all of that change now that he has died?

That’s the important point here. Any person dying so young is a tragedy, and our decency is demonstrated by a respect, even a grudging one, for grieving, loss and pain. His wife and children must be suffering terribly. So a dignified hiatus between his passing and any criticism should have been absolute. Allow a few hours, perhaps a day, for those closest to him to process what had happened.

Most did, but not all. Social media immediately bubbled with acid attacks on the man, as though he were some sort of war criminal. He wasn’t. He could be a clown, he could be a brute, he lied publicly, he used illegal drugs, he said some vile things about women and his domestic life left much to be desired. Yet evil he was not; not evil the way a cancerous death and children losing a father are evil.

So whatever people may have thought of Ford they should have initially shown reverence, less to him than to humanity’s natural rhythm of empathy and sympathy for those in distress.

And then came the ridiculously hagiographical articles. Suddenly we were given Rob Ford who could do no wrong, the bobblehead transformed into the plaster saint. Here was Ford the man of the people who we should only remember as the lovable character who coached high school football and always returned phone calls. One tabloid featured so many flattering obituaries that it became almost Soviet-like, with a deceased leader seemingly beyond reproach.

The truth is complex and obscure. Ford was a very bad mayor of Toronto. His achievements were largely cosmetic, he unnecessarily divided the city and he embarrassed the people of a genuinely great town. True leaders do not make racist, homophobic and misogynistic comments, true leaders do not brazenly disregard the law, true leaders deal in wisdom and not clichés.

But I still genuinely regret his passing and have waited until now to speak my mind. We are all broken in our own ways. We forget that to our peril.

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Blood test for concussions? Researchers report some progress

From boxing to boffo box office

STAR WORKOUTS

High-def screens call for high-def training, says celeb trainer

Danny Musico had no plans to be a celebrity trainer.

But when "fellow (New Jersey) guy" and friend Bruce Willis called the former world champion boxer and asked for a favour — train then wife Demi Moore for G.I. Jane — he began on a course that led him to whipping an aging Rocky Balboa into shape.

Musico trained Sylvester Stallone for the sixth Rocky film, but it was his work on the Oscar-winning Million Dollar Baby that cemented his career. "It was just a whole landslide after Hilary Swank," he says.

Since then he's added Leonardo DiCaprio, Toby McGuire, the cast of HBO's Entourage and singers Jessica Simpson and JoJo to his client list. We talked to Musico from Beverly Hills in California.

What makes boxing a great workout?
It's a full-body workout. Professional boxers, they're probably the most incredible athletes, as far as being in shape, on the planet. As far as getting the body in shape, you're using every single part of your body. Right down to helping you with other things — better balance, coordination and agility — everything comes with the training of boxing.

What's an example of a boxing-inspired workout routine?
I train everybody today like I'm still training someone in boxing, so I do interval workouts. For example, you're going to come in with me and you're going to start by hitting a cardio machine for three minutes as hard as you possibly can. That's warming you up and you're coming off of that machine to catch your breath, you have 30 seconds to a minute to catch your breath and start the next exercise.

Then you're starting three minutes of hitting a (boxing) bag. I may break that three minutes up into 30 second intervals — 30 seconds on with speed, 30 seconds rest. By the time you complete that interval, you're going back to a cardio machine for another three minutes of all-out cardio. Off of there, it may be me making you do a set of curls. That's how your 60 minutes goes, non-stop.

Danny Musico's work on the boxing drama Million Dollar Baby cemented his career as a celebrity trainer. CONTRIBUTED

Is that what you call high-definition training?
Yes, HDT. The reason why it's called high-definition training, nowadays with the quality of TVs and all of our social media and everything else, you can right out see just about anything on the person you're looking at. You need high-definition training for high-definition TV.

As an actor and model yourself, you must have some insight into what it's like working in an industry so focused on body image.
At the end of the day it's not about getting ready, it's about staying ready. You need to stay ready all the time for when that opportunity comes up, because you never know when it's going to be there. If you have to get ready for it when the opportunity comes, sometimes you miss it.

What are some tips for the average Joe who might not have the resources a celebrity does?
I could get you into shape with a rock and a stick. You don't need expensive gym memberships. It's just about consistency. You have to make sure you do it every day. We all want it. It's about how hard you're willing to work for it. Getting up every single day, working out, eating right, getting the proper sleep, not staying out partying. Those are just the basic tips that are actually the fundamentals of success.

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> **I could get you into shape with a rock and a stick... It's just about consistency.**
> Celebrity trainer Danny Musico

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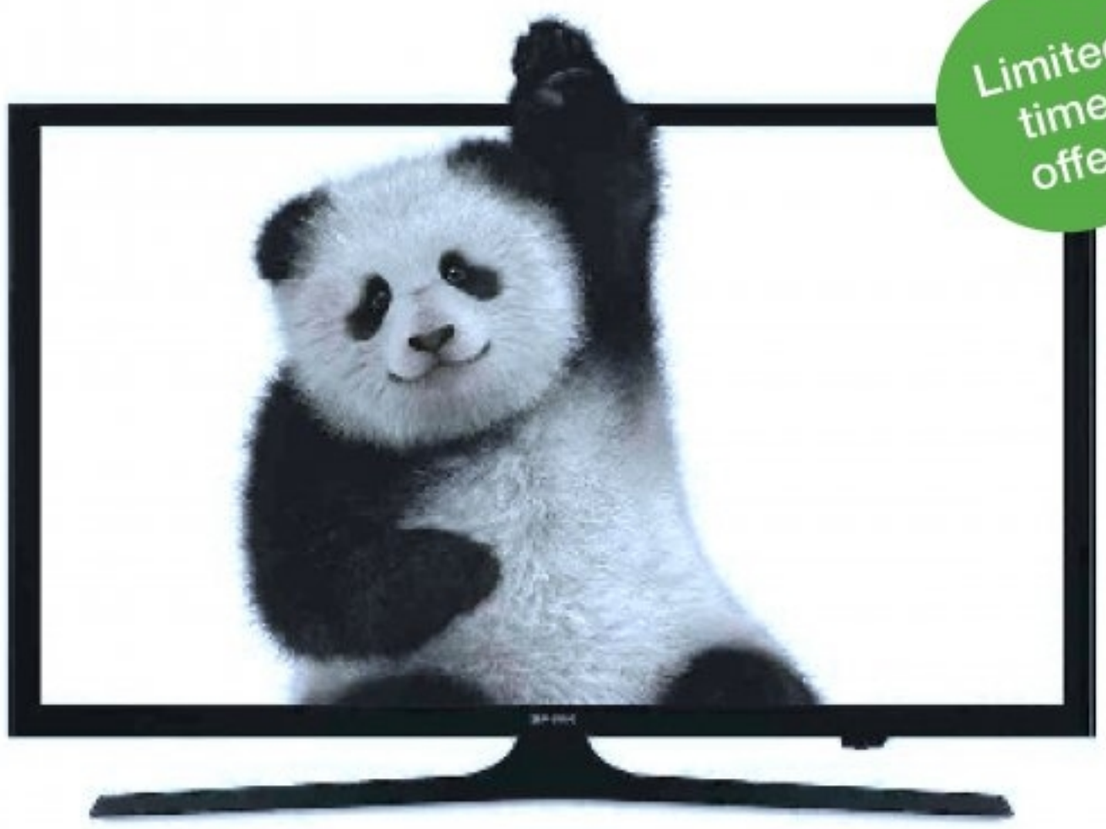

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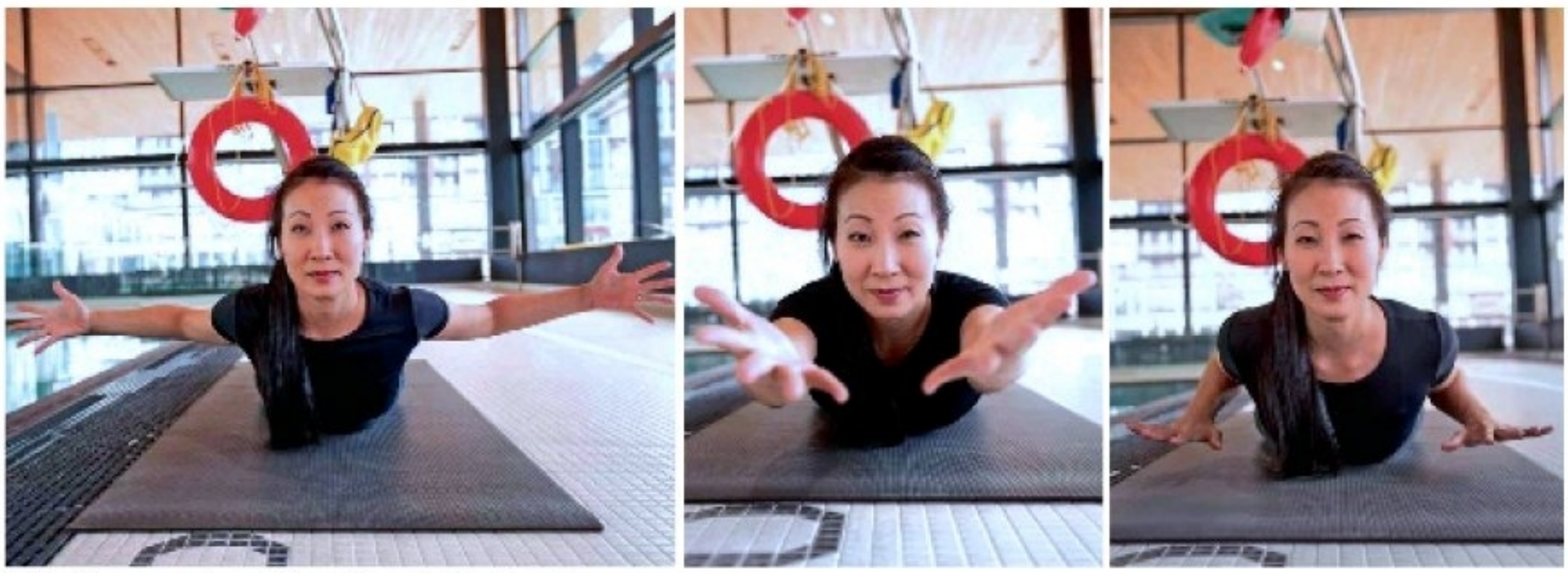
A yoga move for the water babies

CROSS FITNESS

Swimming cobra builds your back, helps shoulders

YuMee Chung
Torstar News Service

Swimming and yoga are so simpatico: they're both deeply relaxing, low-impact activities that emphasize mindful breathing. I unrolled my mat by the pool to bring you yoga designed for you water babies. It's a great way to strengthen the back while warming up your shoulders.



YuMee Chung goes through the motions of swimming cobra. TORSTAR NEWS SERVICE

Swimming Cobra

1. Lay face down on a yoga mat with hands resting underneath your shoulders. If your hips are especially bony, you may want to fold your mat in half to add extra padding.

2. Lift head, shoulders and chest away from the ground while keeping the pubic bone and tops of feet anchored.

3. Now lift the hands a few centimetres away from the mat, to ensure the extensors of the back are working to hold you up. Turn the palms to face skyward and do an exaggerated breaststroke. Imagine the movement originates at your shoulder blades and give them a little squeeze towards the spine as your elbows come in close to your sides.

4. Swirl the arms three times in one direction before heading in the opposite direction.

5. Finish by lowering to the ground and resting arms by your sides. Turn the head to one side and give the hips a little jiggle to nurture the lower back.

Swimmer's Shoulder

Swimming is an unusual sport in that it requires above-average shoulder strength, flexibility and range of motion. As a result, shoulder pain stemming from overuse, misuse and abuse is extremely common in competitive swimmers, so much so that it has been given the name swimmer's shoulder.

According to one study, swimmers who engage in other sports are less likely to have shoulder pain.

A number of prominent swimming clubs have even added yoga to their dry land training.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yogwa teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

RESEARCH

Caffeine increases miscarriage risk

Women have an increased risk of miscarriage if they or their partner consume more than two caffeinated drinks a day in the weeks leading up to conception, a new U.S. study found.

Women who drink more than two caffeinated beverages per day during the first seven weeks of pregnancy were also more likely to have a miscarriage, according to the study published online last Thursday in the journal Fertility and Sterility. But rates of miscarriage are reduced for women who take a daily multivitamin before and after conception. The study, carried out by researchers from the National Institutes of Health and Ohio State University, was based on data from the Longitudinal Investigation of Fertility and the Environment (LIFE) Study.

That study followed 501 couples in Michigan and Texas from 2005 to 2009, examining the relationship between fertility, lifestyle and exposure to chemicals in the environment.

The current study compared cigarette use, caffeinated beverage consumption and multivitamin use among 344 couples when the woman was carrying a single offspring. Of these pregnancies, 98 — or 28 percent — ended in miscarriage.

"Our findings also indicate that the male partner matters, too," said lead author Germaine Buck Louis, director of the Division of Intramural Population Health Research at the NIH. "Male preconception consumption of caffeinated beverages was just as strongly associated with pregnancy loss as females."

AFP

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FLUSH WITH EMBARRASSMENT

First-date horror story goes viral on Twitter

Everybody poops. But most aren't as open about it as Toronto Twitter user Makela, aka "@blotty," who withheld her last name "so (she) can get a job in the future."

"I have a story to tell. It is about my poop," she wrote on Twitter in a series of 18 tweets that have gone viral, detailing a first-date horror story in which she retrieved the offending matter from a toilet, wrapped in toilet paper and put it in her purse, and went back to kissing her date on his couch.

Some of the tweets have garnered upwards of 8,000 retweets and thousands more likes, with users calling her a "hero" and asking for her autograph.

At the time of nature's call, 19-year-old Makela didn't consider "holding it," she told Torstar News Service in an exclusive interview.

"This is just something that happens. Everybody poops," said the Calgary native, who plans to go to university for social work or psychology in September. "I don't think I realized what I was doing was completely insane until I put it in my purse and I sat down (on his couch) and he called me beautiful."

Her story, reminiscent of an episode of Comedy Central's Broad City in which a character removes a poop from a toilet during a power outage, has not been verified by the Star. Makela insisted that the story is true: "I didn't make it up. If I wanted to do something for attention I wouldn't pick something SO embarrassing," she wrote on Twitter.

Toronto's Makela (@_blotty on Twitter) tweeted a story about removing poop from her date's toilet when it didn't flush. TWITTER

> **Now I'm just the poop girl.**
> Makaela a.k.a. @_blotty

When the toilet wouldn't flush in her date's bathroom, she got crafty. Makela removed the offending matter using a glove of toilet paper, and wrapped it up into a small package with more toilet paper, at which point she decided it was best to put the waste matter in her purse's inner pocket and get back to her date.

On the couch where they kissed and he called her beautiful, all she could think was "I have a piece of my poo in my purse," she tweeted. When she had a moment, she texted her sister for advice, who suggested she pretend she was a smoker and dispose of the dropping outdoors.

A few hours passed and her date used the bathroom. She heard a flush, and figured he had fixed the toilet, so she had to try flushing it again.

"I brought my purse up to the washroom. Unwrapped the poop, prayed to every god I know, put it in and flushed," she wrote. Her prayers were answered: "By the grace of God, it worked. The poo flushed. I was free. I was in the clear. Everything was going to be okay. I survived. I am a survivor (sic)."

"All of the hard work I put into being a hot girl is tarnished by one teeny tiny poop story," she wrote on Twitter. "Now I'm just the poop girl."

But, a "confident, calm and self assured woman," Makela will try to get more out of the unexpected Internet fame than Twitter users claiming her tweets belong in an art gallery. On Wednesday, she sent a tweet-plea to Ellen DeGeneres asking to be on her talk show. After all, "My poop is popular," she wrote.

Makela has not received a response from DeGeneres' camp.

Instead, she has set up a PayPal.Me account accepting contributions to her "new purse fund." She has since dumped the original purse.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER
WHAT I'M WATCHING

Chelsea Does listen, learns something new

Chelsea Handler, left, with civil rights activist Al Sharpton. CONTRIBUTED

THE SHOW: Chelsea Does, Season 1, Episode 3, Racism (Netflix)
THE MOMENT: The round table

Comedian and talk-show host Chelsea Handler sits at a boardroom table surrounded by members of several anti-defamation leagues. "When you make fun of Asian people on television, it gives other people permission to," the spokesman from the Media Action Network for Asian Americans tells her. She replies that she makes fun of everyone.

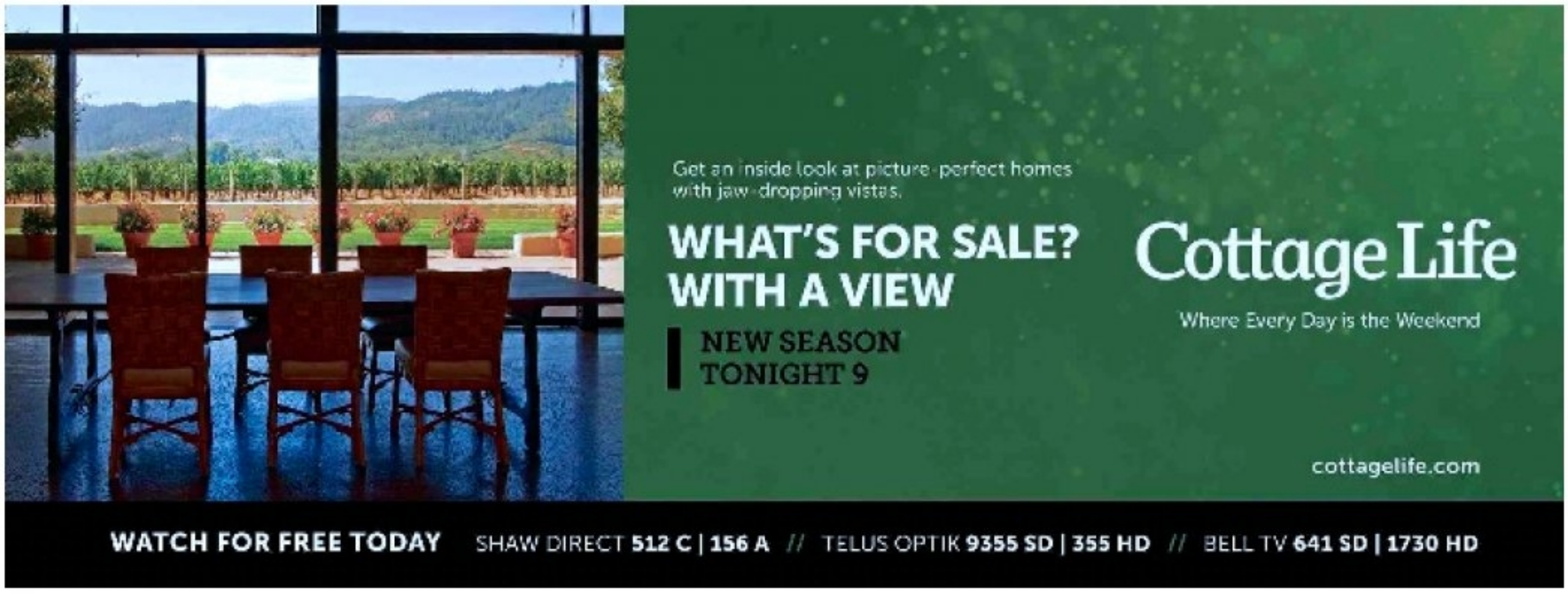
The advocate from the NAACP tells her that it's racist to joke that black men have large penises. She insists that he should be flattered, not offended. "If you're attacking everyone, you eliminate the concept of racism," she maintains.

In all four Chelsea Does episodes (the other three are Marriage, Silicon Valley, and Drugs), Handler sets herself up as a typical American — ignorant, but with strong opinions. As in the scene above, she appears to be listening, but she's mainly talking. She travels around the U.S., or the world, and asks a lot of questions. By the end, she's learned (and taught us) something.

It's a simple conceit, but the strength of Handler's interviews makes it work. She's not afraid to offend, so she asks bold questions; she's genuinely curious, so she sparks conversations. Ultimately, what she thinks doesn't matter — what matters is the forum she gives others.

In the final minutes of this episode, a Native American spokesman tells her America is in trouble because it's all about "me," whereas his people think in terms of "us." If we could all do that, racism would evaporate. A sign that Handler has learned something: She doesn't retort.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.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Lauren Conrad celebrates

ADVICE

Former star of The Hills has become an etiquette expert

Lauren Conrad covers all the party planning bases in her new book, Celebrate. CONTRIBUTED

In her teen years and early 20s, Lauren Conrad made her mark on MTV's The Hills and Laguna Beach: The Real Orange County. But since then, the Californian fashionista has replaced friend drama and internships with a flourishing and unabashedly feminine business empire.

Now 30 — and hitched since 2014 to her lawyer beau and fellow Californian William Tell — Conrad is a fashion designer and writer. She also makes time for something close to her heart: party planning. Her new book, Celebrate, covers all the bases, from throwing birthday parties or engagement parties to baby showers or brunch, and everything in between. Here Conrad chats about the joys of celebrating, wedding-day stress and her favourite party essentials.

In any celebration, what do you think are the essentials for everyone to have an amazing time?
I think you treat guests as you would want to be treated. Making sure there's good food and drink and making sure it's convenient; those are the basics. People don't always remember the small things because they're so well put-together. It's about creating an environment where people can really enjoy themselves.

You planned a big celebration of your own a couple years back, tying the knot with William. Did all the buildup to your own wedding shape your party planning sensibilities?
It was like a crash course. Just the idea of putting together the plans and making sure everything is executed — it took almost a year to plan and there are so many moving parts. It's so important to be organized.

Any crisis moments on the big day?
Not really, honestly. My wedding planner is one of my best friends, so that was helpful. We didn't have anything nuts happen at our wedding. But the best man's speech was actually given by two of my husbands' best friends and it was 27 minutes long. My planner came up to me and said, "27 minutes?!" And the biggest stress of planning our wedding was making sure there was security to make sure it remained between us and our guests.

Where does your love for party planning come from?
I grew up in a creative environment, and I love the idea of looking forward to something and celebrating parts of life and creating special occasions. It's nice to plan ahead and get together with people you love, otherwise weeks turn into months.

Many of us watched you grow up over the years through your reality shows. How has your style changed since your early days on television?
I think my style always represents where I am in life. Yesterday, we were shooting and I had to put on heels. I remember having to wear heels every day, but I'm usually barefoot more often than wearing heels now, because I'm working from home, writing and doing shoots here.

On your website, you have an entire category dedicated to "ladylike laws." What does being a lady in 2016 mean to you, when it comes to party etiquette?
I love etiquette. It's this rulebook that's been put together for us. If you know the rules, you know how to behave — and they're there for a reason, most of the time. I think a formal place-setting can be a little regressive . . . but for the most part, I think it's important these rules are in place so we can be aware of other people's feelings and avoid awkwardness.

Is there a certain etiquette rule you hate to see broken?
This is such a simple one, but it drives me bonkers: People still wear white to weddings. It drives me crazy. I was at a wedding last week and someone wore a full white dress. That will never make sense to me. TORSTAR NEWS SERVICE

ALBUM

Meghan Trainor learns to say No

Meghan Trainor
THE ASSOCIATED PRESS

When playing songs from her upcoming sophomore album for her record label, Meghan Trainor heard this word from L.A. Reid: "No." Reid, the veteran executive and Epic Records president, was referring to her first single. She didn't have one, he said. Angry and upset, Trainor called producer Ricky Reed. They had collaborated on some of the songs she'd played for Reid, and in a day, they created No, the anthemic, beat-driven, Destiny's Child-influenced hit that's a departure from her signature doo-wop pop sound.

Reid's thoughts: "Yes." More like yasssssss!

"I wrote No, and he was like, 'Give me five of these.' And we wrote five more songs," Trainor said in a recent interview. "It was such a relief, like I could sleep at night knowing I finally found the single. That's like the biggest stress for an artist, especially (for) album No. 2."

No, which has already peaked at No. 11 on Billboard's Hot 100 chart, isn't about L.A. Reid. It's a song about boys and female empowerment. Reed, frontman for Wallpaper and a producer behind songs for Jason Derulo, Twenty One Pilots and Pitbull, said creating the tune was like opening Pandora's box.

The other songs "were very great songs, but No was really the catalyst for the rest of the album," Reed said.

Of the songs on her new album, 22-year-old Trainor says with a laugh: "Songs like that wouldn't exist if L.A. Reid didn't push me till I wanted to cry."

The new album, Thank You, will be released May 13. Trainor has taken a more contemporary vibe compared with her 2015 debut, Title, which featured the hits Like I'm Gonna Lose You, Dear Future Husband, Lips Are Movin' and the game-changer All About That Bass.

The new songs are more confident and sleek, a reflection of Trainor, not just the singer, but also the person.

In her No music video, which debuted this week, Trainor trades her colourful, bright backdrops, buttoned-up ensembles and schoolgirl dance moves for sexy gyrations, tighter clothes and an overall darker setting — in the vein of late '90s pop music videos. "I'm learning (about) myself even more. I'm learning what clothes are comfortable and what I love and what makeup and hair (I like)," said Trainor, who has gone from being a blond to a redhead. "We changed everything and I'm very comfortable and all this promo isn't so scary anymore."
THE ASSOCIATED PRESS

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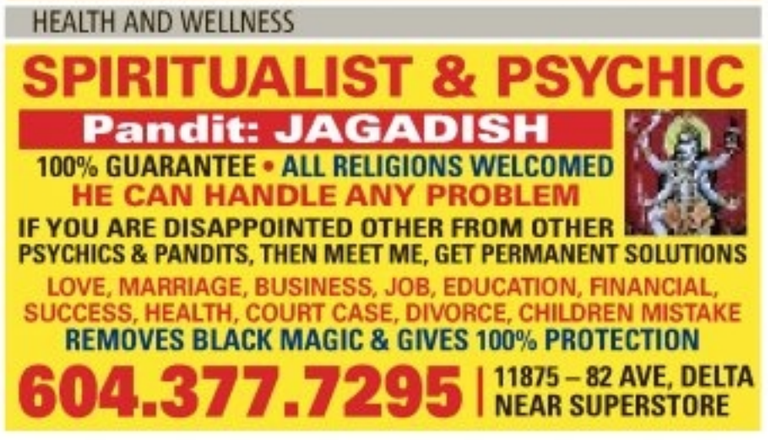
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"They want nothing more than to provide you with the very best," Canawrap president Jonathan Glen says of his staff. Glen's success is not limited to one company as he is also president of West Coast Custom Wraps, DIY Wrap Kits and Total Wrap Care. These business expansions allow you to wrap your own vehicle and save, or in the case of West Coast Custom Wraps, turn your vehicle into a personalized and customized artwork.

Glen's main mission though is with Canawrap. He aims to be the best custom wrap company in Western Canada all while holding quality and craftsmanship in the highest regard. Canawrap also strives to remain on the cusp of the wrap industry's breaking trends and styles.

Constantly pushing toward these objectives is what Glen sees as his edge over the competition. After the economic downturn forced him to reflect on his business, future Glen harnessed his passion for advertising, wrap design and supporting local growing businesses by starting Canawrap. With the goal of bolstering small and medium businesses through high-quality advertising wraps Glen and Canawrap grew steadily into the successful company it is today. "I know that I wanted to work with Canadian companies and I love the small and medium business mentality of the hustle and the work," Glen added. "For me vehicle wrap advertising fits perfectly into all of that."

MAXIMIZING YOUR WRAPPED BUSINESS VEHICLE

1) Integrate your vehicle into your social media: Award a prize monthly to the best photo of your vehicle posted on social media
2) Slow down: Don't speed past potential customers in a blur. Allow people to read who you are, what you do and how to get it.
3) Strategic parking: Don't hide your vehicle in the crowd, leaving it at the entrance or exit to a parking lot to increase the chances of it being seen.
4) Cleanliness is crucial: Keeping your vehicle washed and essentially your brand clean and sparkling is paramount when projecting a successful company image.

CONTRIBUTED

Why wrapping is more than just eye candy

Give your imagination a work out and transform your vehicle, boat or property into what ever your heart or business mind desires.

Turning your vehicle into an important and valuable business tool doesn't have to break the bank and Canawrap's design possibilities are endless. With locations in Vancouver, Edmonton and Calgary their perfection-driven service will ensure your demands and customizations are completed with attention to the finest detail and executed with precision.

Another positive when opting for a wrap is the advantages it holds over painting your vehicle and the accompanying resale benefits. First off, a wrap will cost considerably less than a custom paint job and when complete your original paint job is fully protected. This is vital if you choose to remove the wrap come selling time as your paint job will be untouched.

Secondly, if you have a custom matte, textured or chrome wrap you may find selling the vehicle easier and potential buyers more responsive and generous with price as they now have the chance to buy a uniquely wrapped customized vehicle. The wraps are easily removed should that be the buyer's preference and again an added comfort is knowing the OEM paint job is preserved underneath. If resale is not on your agenda Canawrap recommends a five-year shelf life for each vehicle wrap.

Jon Glen and Canawrap want to give your business an unrivaled advertising boost. Beautifully emblazon that vehicle with your brand, to your specific tastes, and watch that investment pay for itself. Canawrap knows first impressions are key in business so they understand the importance of your company brand looking pristine and professional. Canawrap has won awards for its skills in wrap design, customer service and is one of few companies chosen by 3M Canada as a 3M Select company.

It is these credentials that keeps it ahead of the pack in being Western Canada's premier provider of innovative, solution-driven, brand building, high impact wraps. Meanwhile, if it's a fresh personal vehicle revamp you seek West Coast Custom Wraps will give your car that unique, exotic look it always deserved. Visit canawrap.com or westcoastcustomwraps.com for details.

CONTRIBUTED

ADHESIVE-VINYL APPLICATION PROCESS

- Much attention and detail is put into the preparation of Canawrap design files to guarantee a perfect fit for the installers
- Canawrap prints all of their vehicle wrap media using the latest HP "latex" printing technology so to not use solvent inks and reducing the chances of releasing harmful chemicals into the atmosphere.
- To ensure a long lasting wrap, the vehicle is meticulously cleaned then stripped of obstacles such as mirrors, handles etc. pre-application
- Using a range of tools including a heat-gun and hand squeegees the vinyl wrap is moulded tightly to the vehicle's contours in separate overlapping pieces.

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Canawrap was chosen as the first Canadian Vehicle Wrap company as a "2013 Wrap Stars Company" by Sign & Digital Graphics Magazine

WEST COAST CUSTOM WRAPS

metro SPORTS

Marie-Philip Poulin has been named Canada's captain for the women's world hockey championship for a second straight year

Whitecaps youth central to Canadian cause in England

UNDER-20 SOCCER

Chung, Bustos help Reds turn heads overseas

Having already lost 4-1 to England, Canada's under-20 soccer team looked to be behind the 8-ball when the English sent out an even stronger lineup complete with Manchester United's rising star striker Marcus Rashford for the second game in the series.

Canadian coach Rob Gale, meanwhile, fielded a young starting 11 that included a 15-year-old, 16-year-old and four 17-year-olds. And he told them to play with freedom against an English team whose club ties included Chelsea, Everton, Manchester City, Norwich City, Sunderland and Tottenham as well as the Red Devils.

Score a memorable win for Canada.

The underdog visitors, whose average age was 17.4 compared to England's at 19.5, prevailed 2-1 before 3,264 at Doncaster's Keepmoat Stadium on Sunday.

Manchester United's Marcus Rashford, left, is challenged by Whitecaps youngster Kadin Chung during Sunday's under-20 international friendly in Doncaster, England. NIGEL RODDIS/GETTY IMAGES

"They went toe-to-toe and showed what talented players hopefully they will become in the future," a happy Gale said Monday of his young charges.

The visitors were expected to be little more than cannon fodder in the eyes of many English observers.

"The talk all before was of Marcus Rashford and everybody coming to see the talents of England roll Canada over. But it was to their detriment," said Gale. "We said you can't underestimate anybody in a football match. I used it as motivation for our players — to say we can be the ultimate party spoilers.

"And what an opportunity. I know there was over 30 professional teams and Premiership scouts in attendance."

The talk in the Canadian dressing room before the match was don't underestimate the opposition, but don't give them too much respect either.

Gale said after months talking up Canada's youth "I wanted to walk the walk and not just talk the talk." So with the support of CSA technical director Tony Fonseca and other coaches, he started 15-year old Alphonso Davies and 16-year-old Ballou Tabla, among other youngsters.

"Look what happened," Gale said.

"It gave them the opportunity to express themselves, which is what we were looking for," he added.

Canada went ahead on spectacular goals by Kadin Chung and Marco Bustos, both from the Vancouver Whitecaps organization, in the 13th and 68th minutes before Kasey Palmer, set up by Rashford, pulled one back for England.

"Two great strikes. And to be fair, not just those two performance but excellent performances all around ... A terrific collective effort," said Gale.

The Canadians had their own blue-ribbon ties. In addition to the MLS team products, the squad was captained by Chelsea's Fikayo Tomori with Manchester United under-21 player Josh Doughty on the bench.

THE CANADIAN PRESS

> **We said you can't underestimate anybody in a football match. I used it as motivation for our players — to say we can be the ultimate party spoilers.** Rob Gale

IN BRIEF

Jays settle on starter's spot for pitcher Sanchez

John Gibbons has settled on right-hander Aaron Sanchez being in the Toronto Blue Jays' starting rotation.

Sanchez's role — be it in the starting rotation or bullpen — was one of the most contentious issues in for Toronto this spring. But Gibbons settled the debate Monday. THE CANADIAN PRESS

Raptors stuck on 49 wins after loss to Thunder

Kevin Durant scored 34 points and Russell Westbrook, with his 16th triple-double of the season, added 26 as the Oklahoma City Thunder extended their winning streak to a season-high eight games with an emphatic 119-100 victory over the Toronto Raptors on Monday night.

THE CANADIAN PRESS

Avalanche foil Predators' attempt to clinch playoffs

Blake Comeau had a goal and an assist, and the Colorado Avalanche used a fast start to edge the Nashville Predators 4-3 on Monday night.

Gabriel Landeskog and Jack Skille also scored in the first, helping Colorado chase Pekka Rinne at 11:40 after giving up three goals on 10 shots faced. Shawn Matthias's goal in the third wound up the game-winner.

Nashville needed a regulation win to clinch its second straight playoff berth. THE ASSOCIATED PRESS

WOMEN'S HOCKEY

Young Canadians have chance to get wiser with Wickenheiser

Hayley Wickenheiser is taking part in her 13th women's world hockey championship. CHRIS SO/TORSTAR NEWS SERVICE

Three of Hayley Wickenheiser's Canadian teammates weren't born when she won her first women's world hockey championship in 1994.

Defenceman Halli Krzyzaniak was 12 years old when she first saw Wickenheiser play in the 2007 world championship final in Winnipeg. When Krzyzaniak scored her first career goal for Canada in an exhibition game Saturday against Sweden, her childhood idol provided an assist.

"That was just surreal for me to say she was in on my first goal because I never thought that would have happened," Krzyzaniak said.

"For my generation, she was someone we really looked up to and kind of idolized and wanted to be, but I never thought I would be playing with her."

A few surgeons also thought Wickenheiser wouldn't be around to play with Krzyzaniak, but the 37-year-old from Shaunavon, Sask., is playing in her 13th women's world hockey championship this week in Kamloops, B.C., with eight screws and a metal plate in the navicular bone of her left foot.

Wickenheiser chose a more optimistic surgeon when she underwent foot surgery in February, 2015.

"There's a lot of hardware in there," Wickenheiser said. "I didn't know if I'd play again. A lot of doctors said I could never play again. One guy said I could and I went with that guy."

Canada's all-time leading scorer in goals (168), assists (210) and games played (271) is also the all-time points leader in world championships with 85, including 37 goals.

THE CANADIAN PRESS

> **It's kind of an exciting different challenge for me, which I enjoy — trying to help the young players who will be leading the team into the future when I'm not playing anymore.**
> Hayley Wickenheiser

RECIPE Lamb Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Lamb may seem decadent for a Tuesday night but these burgers will be worth it once you enjoy every cumin spiced bite.

Ready in
Prep time: 20 minutes
Cook time: 15 minutes

Ingredients
- 1 lb ground lamb
- 1/4 cup red onion, finely minced
- 1/4 cup fresh parsley, chopped
- 1 tsp dried oregano (or 2 tsp fresh)
- 1 tsp cumin
- salt and pepper
- mini pitas
- lettuce leaves, washed and torn
- tomatoes, sliced
- tzatzki

Directions

1. In a large bowl, mix lamb, onion, parsley, oregano, cumin and salt and pepper until everything is well combined. Cover and place in the fridge for 10 minutes.

2. Remove from the refrigerator and form the meat into small patties — you should get about 8 or 9 out of the batch. Place them on a clean plate.

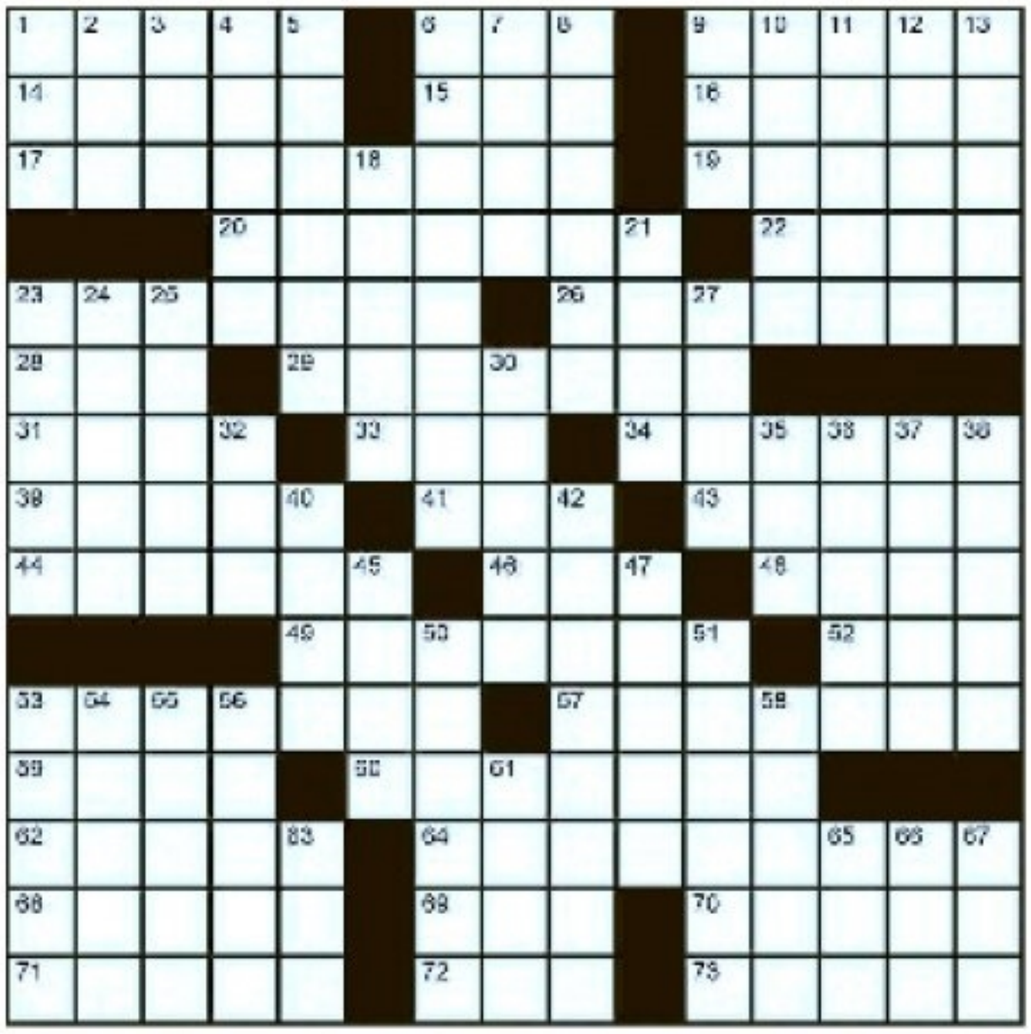
3. Heat your grill or pan to medium, medium/high heat and if you're using a pan, add a bit of vegetable oil. Cook your burgers, about 5 minutes on each side until the internal temperature is 160 degrees. You'll need to work in batches, you don't want to overcrowd the pan.

4. Cut each pita in half and tuck in a lamb patty, some lettuce, tomato and a good dollop of tzatziki and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canuck music quintet, Canadian _
6. Q. "_ '_' what BC's big river starts with?" A. "Indeed, it's called the Fraser."
9. Colorado resort
14. Hokey
15. Pas toi
16. Gleamed
17. As per #8-Down... _ champions (#50-Down this year considering they won at the same event in 2015 in Shanghai)
19. Self-respect
20. Remove from the rough draft: 2 wds.
22. Pre-owned
23. Sunshine-y singer for The Waves
26. Joni Mitchell's "Raised on _"
28. Yalie
29. 1988 Margaret Atwood novel about a painter named Elaine Risley: 2 wds.
31. 'Cook' the cookies
33. Cleave
34. Talk, testy-style: 2 wds.
39. "Witness" (1985) folk
41. Fido
43. 1988: "Wishing Well" by Terence Trent _
44. American city hosting #8-Down
46. "_ la la!"
48. _ earrings
49. Bits of food taster
52. Abel's mom
53. Menswear item
57. Imagined
59. Beauty brand
60. As per #50-Down... Eric _
62. Hairy, like a horse
64. Experiment subject: 2 wds.
68. Rocker Mr. Winter
69. FMs opposites
70. Pain
71. Prepared
72. No, informally
73. Rationalist's belief in God

DOWN
1. Alphabetic trio
2. Caviar
3. Canine's communication!
4. Villain's grin
5. Representative, such as in business transactions
6. Mimicked
7. Mozart aria: "Dove _"
8. March 28th to April 3rd... 2016 ISU World _ Skating Championships
9. Naja Haje
10. Bush
11. Grace
12. Bitter-_ (Diehard)
13. Dependent
18. Alice's cat in "Alice in Wonderland" (1951)
21. Mattel products
23. Shish _ (Skewered appetizer)
24. Western starring Canadian actor Glenn Ford, "The Man from the _" (1953)
25. Polynesian amulets
27. Grand _, Ontario
30. Hawk's prey-spotting descent
32. Superlative suffix
35. "Woow!"
36. Preamble
37. Overhead
38. Click clicked on the computer
40. Party thrower
42. Aquarium denizen
45. Depilatory brand
47. Wading bird
50. Canadian pairs team set to compete at #8-Down... _ Duhamel & Eric _ (For Eric's last name, see #60-Across!)
51. Start over from the top of the page
53. One giving titles to books, say
54. Dodge
55. Line dance at a party
56. Prepare the pizza dough
58. Oft-quoted phrase
61. Russian assembly
63. Not wet
65. Hawaiian cuisine staple
66. Entries
67. Fitness facility

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you are in a serious frame of mind today, you will want to deal with practical issues. You will not get sidetracked by frivolous matters.

Taurus April 21 - May 21
Any kind of research will go well today because you are determined to get answers and find what you are looking for. This could pertain to shared property or inheritances and such.

Gemini May 22 - June 21
This is an excellent day to sit down with members of groups or a personal friend to make long-range plans for the future. These plans might include your partner.

Cancer June 22 - July 23
You will impress bosses and people in authority today because you have a serious attitude. You want practical results now and in the long-term future.

Leo July 24 - Aug. 23
Make future travel plans today because you will cover every detail. This is a good day to explore avenues in publishing, higher education, medicine and the law.

Virgo Aug. 24 - Sept. 23
This is an excellent day to deal with red-tape issues regarding inheritances, taxes, debt and shared property. You won't overlook details, because you're on your game!

Libra Sept. 24 - Oct. 23
Serious discussions with partners and close friends will take place today. However, it will be a good thing because you will cover a lot of ground and get a lot done.

Scorpio Oct. 24 - Nov. 22
Choose today to tackle routine work you might have been avoiding. Your powers of concentration are excellent, and you will be detail-oriented. Just get it done.

Sagittarius Nov. 23 - Dec. 21
Romantic partners can discuss how to share expenses and deal with the division of labour in a relationship. Others will address the care and education of children.

Capricorn Dec. 22 - Jan. 20
It's a good day to think about home repairs or what needs to be done to fix broken items at home. You want solid solutions for practical problems.

Aquarius Jan. 21 - Feb. 19
This is an excellent day for any kind of long-range planning, because you are in a practical frame of mind plus you are looking ahead to the future.

Pisces
Feb. 20 - March 20
If shopping today, you will want to buy only practical, long-lasting items. No ostrich boas for you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5	8			2				
2		1	8					
	4			5				
	5		1					
3		6				4		2
					7		6	
				6			2	
					9	3		5
				8			1	9

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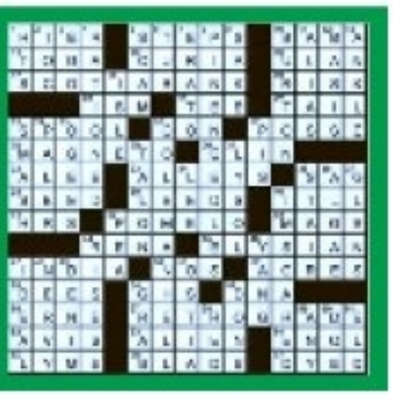
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

7	4	3	2	1	8	6	5	9
1	6	9	7	5	4	2	8	3
8	5	2	3	9	6	4	7	1
3	9	8	6	4	1	5	2	7
5	7	6	9	8	2	1	3	4
2	1	4	5	7	3	9	6	8
4	2	1	8	3	5	7	9	6
9	3	5	1	6	7	8	4	2
6	8	7	4	2	9	3	1	5



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Metropolis at Metrotown
Oakridge Centre
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